

RECIPE OF THE WEEK

from our
basket
to your
kitchen
Week 39

Minces Bread Tart

Ingredients

- 30 ml butter or margarine
- 8 slices white or brown bread, crusts removed
- 30 ml cooking oil
- 400 g lean beef mince
- 70 g rindless streaky bacon, chopped
- 1 medium onion, coarsely chopped
- 2 garlic cloves, crushed
- 1 medium tomato, coarsely chopped
- 5 ml sugar
- 60 ml dry red wine
- 10 ml Worcestershire sauce
- 15 ml fruit chutney
- 15 ml chopped fresh thyme or 5 ml dried salt and freshly ground black pepper to taste
- 3 extra-large eggs
- 250 ml milk

Method

Butter the bread slices. Line a greased, large ovenproof dish with the bread slices. Heat the oil in a medium, heavy-based saucepan and fry the mince until it changes colour. Add the bacon and fry for a further 2-3 minutes. Add the onion and garlic and sauté for a few minutes until soft.

Add the tomatoes, sugar, wine, Worcestershire sauce, chutney, thyme and seasoning and simmer until most of the liquid has cooked away. Set aside to cool slightly.

Whisk the eggs and milk together and stir the egg mixture into the mince. Spoon the filling into the lined ovenproof dish. Bake in a preheated oven at 180°C for about 35 minutes.



Caramel Tart

Ingredients

- 200 g packet of gingernut biscuits
- ¼ cup of margarine, melted
- 1 tin of caramel treat
- 2 cups of creamer
- ½ cup of boiling water
- 1 cup of whipped cream to decorate

Method

Crush the biscuits finely and mix with the melted margarine. Press into a deep 20 cm pie dish. To prepare the filling: Combine the creamer and the boiling water. Stir until smooth. Chill. Beat the chilled creamer until thick and creamy. Add the caramel treat and beat until smooth. Pour the mixture into the base and refrigerate (preferably overnight).
Decorate with cream if desired.

Recipes
of the
Week



Baked Eggs

with Spinach and Feta

Ingredients

- 30 ml butter
- 100 g spinach leaves, blanched, drained and chopped
- salt and black pepper
- 4 eggs
- 80 ml fresh cream
- 80 ml feta cheese, crumbled
- 30 ml chives, chopped
- bread, toasted

Method

Preheat the oven to 200°C and grease 4 x 125 ml ovenproof dishes.

Melt the butter in a pan and stir in the spinach.

Season well with salt and pepper. Divide the mixture into the 4 dishes, crack an egg into each one and top with the cream.

Sprinkle the feta and chives over the top and season with pepper.

Place the dishes on a baking tray and bake for 10-15 minutes or until the eggs are done to your liking. Serve with toasted bread soldiers.



Recipe
of the
Week

from our
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Week 41



 Bidvest
foodservice

Recipe of the Week

Smoked Mackerel Pasta Salad

Ingredients

- 250 g uncooked pasta quills
 - 15 ml olive oil
 - 1 celery stick, cut into thin slices
 - 2 large oranges
 - 100 g pineapple
 - 100 g seeded grapes
 - 1 small cucumber, coarsely chopped
 - 2 smoked mackerel fillets, flaked
 - 50 g slivered almonds, toasted
- dressing**
- 200 g plain Greek yoghurt
 - ½ a lemon, juice and rind
 - 30 ml fennel leaves, chopped
 - 30 ml chives, chopped
 - salt and freshly ground black pepper to taste

Method

- Cook the pasta according to the instructions on the packet. Rinse well under cold water after draining. Add a little olive oil and toss through.
- For the dressing, mix the ingredients for the dressing together.
- Peel the oranges and cut into segments and core the pineapple.
- In a large bowl, combine the remaining ingredients with the pasta. Pour the dressing over and toss through lightly.

